

# Worksite Wellness Success Stories

Jan 2008

## Attention: Upper Peninsula State Employees

Fit UP

[www.FitUP.org](http://www.FitUP.org)



State employees are welcome to participate in the annual FitUP, an 8-month fitness/nutrition incentive program designed to help employees improve their health; a system to allow employees to track their nutrition and fitness.

There really isn't a time when registration is over. *Stage Two* begins in March as each stage is two months long.

- [Special Incentives](#) (PDF)
- The web site has discount coupons and lists of activities by county.
- Bonus points may be given for participating in special events and for quitting smoking.

The 'worksite kit' on the homepage explains it all @ [www.FitUP.org](http://www.FitUP.org)